

GOBIND MARG

THE MONTHLY BULLETIN OF GURDWARA SRI GURU SINGH SABHA – HOUNSLOW

JULY 2020 – VOL XXVII ISSUE 7



Gurudwara Bangla Sahib, held in great reverence by the Sikhs, is the most prominent Sikh place of worship in Delhi. Guru Har Krishan ji, the youngest Sikh Guru, resided here during his stay in Delhi in 1664. In the midst of a smallpox and cholera epidemic, Guru Sahib gave aid and fresh water from the well and cured many of the sufferers.

The grounds of this magnificent gurdwara include a kitchen, a large holy sarovar, a school, an art gallery, a library, a hospital and the Baba Baghel Singh Museum, in honour of the Sikh General who built the original small shrine in 1783.



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥



One Universal Creator God, Realised By the Grace of The True Guru

**Monday - Saturday
(Excluding Tuesdays)**

AM

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.45	Katha
11.30	Ardass

PM

6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

Sundays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
8.00	Akhand Paath or Sehaj Paath Bhog or Sukhmani Sahib
9.00	Kirtan
9.45	Ardass
10.00	Youth Kirtan
11.00	Kirtan

Tuesdays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.30	Katha
11.00	Sukhmani Paath

PM

12.00	Katha
1.00	Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

PM

12.15	Ladies Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

Please Note During the restricted services of the Gurdwara (in compliance with the government guidelines) these services are suspended.



ੴ ਸਤਿਗੁਰ ਪਰਸਾਦਿ ॥



GURDWARA SRI GURU SINGH SABHA

July 2020

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 Tel: 020 8814 2793 Fax: 020 8577 6714 Email: khalsa@sgss.org
 web site: <http://www.sgss.org>

Registered as a place of worship under the Worship Registration
 Act 1855 No. on Register 75990

Registered Charity No. 83314

Inland Revenue Ref. CC 15570

Important Days	Event/ Guru Sahib	Nanakshahi Calendar Day
Puranmashi/ Purnima	Full Moon	5 July
Sangrand - ਗਾੜ੍ਹ	Beginning of New Month	16 July
Massia	No Moon (Dark Night)	20 July
Important Sikh Dates		
Guru Hargobind Ji	Parkash/ Avtar	5 July
Guru Har Krishan Ji	Parkash/ Avtar	23 July

Activities, Facilities and Education Classes

Note. The Gurdwara activities and classes are currently suspended.

Show Your Gratitude Please donate to 'Crisis Support', for 100% donation to NHS projects.

By Online Bank Transfer: Account Crisis Support, Sort Code: 20-96-55, Account: 03226565

By Cheque: Payable to 'Crisis Support Account', cheques should be posted to:
 Gurdwara Sri Guru Singh Sabha Hounslow, Alice Way, Hounslow TW3 3UD.

General enquires: Tel 020 8577 2793, or email khalsa@sgss.org

Marriage enquires: Email marriages@sgss.org

"When is the Gurdwara going to open?" That was the question we were being asked repeatedly for the last three months, since the lockdown came into force. Alas, we had no clear answer. But that question had been uppermost in our minds too. The coronavirus Covid19 lockdown enforcement, however uncomfortable and painful it may have been, has steadily cut down the severity of the scourge, allowing the restrictions to be eased phase by phase.

The Executive Committee after considerable deliberation has decided on a planned opening of the Gurdwara starting with Phase 1 on Monday the 6th of July and Phase 2 on Monday 13th July 2020. In the latter phase, limited seating will be allowed.

Phase 1 Individual Worship In the interests of the safety of our Sangat all the safety guidelines will be strictly followed. Instructions in both English and Panjabi will be displayed. On arrival the Sangat may need to queue up opposite the main building entrance, keeping the social distance of 2 metres apart. We would strongly request that the Sangat wear suitable masks. Our sevadars will be on duty, to guide, help and answer questions

On entering through the main entrance, after depositing their shoes and hand washing, or using the provided hand sanitiser, the Sangat individuals will arrive upstairs using the RHS staircase. All pathways throughout will be clearly signposted. Following the arrows while keeping the social distancing, they will enter the Darbar Sahib and pay their respects, *namaskar*, while remaining in a stand up position. On the way out, they will collect the packaged *parsad*, and descend by the LHS stairs. Their shoes will be available to collect in the vicinity of the side doors, which they will use for exit. To comply with track & trace requirements, individuals' contact details will be taken and retained for 21 days. For those requiring a drink, bottled water will be available.

Gurdwara Opening Phase 2 Commencing Monday 13 July the Gurdwara will open at 7 am and welcome individual worship until 7 pm, 7 days a week. The Daily programme will be as follows 7am – 8am Kirtan Asa Di Var, 6pm – 6:30pm Rehras Sahib, 7pm Closure.

Obituary It is with great sadness that we announce that Swaran Kaur ji, loving wife of long standing Gurdwara sevadar S. Butta Singh ji, has passed away after a long battle with cancer. A gentle and affable person by nature, she was also a very strong character, who despite failing health, visited India twice. A great loss indeed for the family and friends. We offer our sincere sympathies to all those who were close to her and pray that the departed soul rest in peace.



Gobind Marg Authors We have now resumed our policy of adding the author names to the articles, unless withheld on request. The sevadar views expressed in the articles are those of the authors and not necessarily those of the Gurdwara.

The SGPC Amritsar Rehat Maryada was conceived in the 1930s as a common guide for every member of the Sikh Panth. It specifies the daily code of conduct, an important part of which requires Sikhs to recite the *Nitnem*, which is defined by five daily prayers. The morning two are Japji Sahib and Jaap Sahib, and the two evening prayers are Rehras Sahib and Kirtan Sohilla. The Ardas prayer is recited at the conclusion of both the morning and evening prayers. The basis of this ordering of the Banis is to be found in Bhai Gurdas' 1st Var, Pauri 38, where he states:

ਸੇਦਰੁ ਆਰਤੀ ਗਾਵੀਐ ਅੰਮ੍ਰਿਤ ਵੇਲੇ ਜਾਪੁ ਉਚਾਰਾ।

ਵਾਰਾਂ ਭਾਈ ਗੁਰਦਾਸ : ਵਾਰ ੧ ਪਉੜੀ ੩੮ ਪੰ. ੭

Today So Dar appears at the start of Rehras Sahib in the Guru Granth Sahib and Arti is part of the Sohilla. The Rehat Maryada lays down in Article IV the structure of the Rehras Bani. Its rich content is defined by the Bani of no less than four Guru Sahibs. So Dar Rehras comprises the following compositions, to be recited in the evening, after sunset:

1. The nine hymns of the Guru Granth Sahib, occurring in the holy book after the Japji Sahib, the first of which begins with "Sodar" and the last of which ends with "saran pare ki rakho sarma"
2. The Benti Chaupai of the tenth Guru, beginning "hamri karo hath dai rachha" and ending with "dusht dokh te leho bachai"
3. The Sawayya beginning with the words "pae gahe jab te tumre"
4. The Dohra beginning with the words "sagal duar kau chhadd kai"
5. The first five pauris 1 – 5 and the last pauri 40 (stanzas) of Anand Sahib
6. The Mundawani and the Slok Mahala 5 beginning with "tera kita jato nahi".

Due to additions by the learned ones over time, we now find that the Rehras Sahib Bani, in Gutkas and many books, frequently starts with Guru Nanak Dev ji's "Dukh Daru Sukh Rog Bhaya", in two pauris, and that is how we will begin our exposition of this exquisite Bani.

<p>ਸਲੋਕੁ ਮਃ ੧ ॥ ਦੁਖੁ ਦਾਰੂ ਸੁਖੁ ਰੋਗੁ ਭਇਆ ਜਾ ਸੁਖੁ ਤਾਮਿ ਨ ਹੋਈ ॥ ਤੂੰ ਕਰਤਾ ਕਰਣਾ ਮੈ ਨਾਹੀ ਜਾ ਹਉ ਕਰੀ ਨ ਹੋਈ ॥੧॥</p> <p>ਬਲਿਹਾਰੀ ਕੁਦਰਤਿ ਵਸਿਆ ॥ ਤੇਰਾ ਅੰਤੁ ਨ ਜਾਈ ਲਖਿਆ ॥੧॥ ਰਹਾਉ ॥ ਜਾਤਿ ਮਹਿ ਜੋਤਿ ਜੋਤਿ ਮਹਿ ਜਾਤਾ ਅਕਲ ਕਲਾ ਭਰਪੂਰਿ ਰਹਿਆ ॥</p> <p>ਤੂੰ ਸਚਾ ਸਾਹਿਬੁ ਸਿਫਤਿ ਸੁਆਲਿਉ ਜਿਨਿ ਕੀਤੀ ਸੇ ਪਾਰਿ ਪਇਆ ॥ ਕਹੁ ਨਾਨਕ ਕਰਤੇ ਕੀਆ ਬਾਤਾ ਜੇ ਕਿਛੁ ਕਰਣਾ ਸੁ ਕਰਿ ਰਹਿਆ ॥੨॥</p>	<p>Glossary</p> <p>ਜਾ ਸੁਖੁ ਤਾਮਿ ਹਉ ਕਰੀ</p> <p>ਬਲਿਹਾਰੀ</p> <p>ਜਾਤਿ ਜੋਤਿ ਜਾਤਾ ਸੁਆਲਿਉ ਬਾਤਾ</p>	<p>First Guru's Bani</p> <p>Divine comfort, joy So long, till then If I believe I myself can (do, comprehend) Scarifice, devote</p> <p>Creation Divine Light To see, realise Lovely, Beautiful Words of praise</p>
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ਪੰਜਾਬੀ ਅਰਥ

ਦੁਖ ਜੀਵ ਲਈ ਦਵਾਈ ਹੈ, ਅਤੇ ਦੁਨੀਆਵੀ ਸੁਖ ਬੀਮਾਰੀ ਦਾ ਕਾਰਨ ਬਣ ਜਾਂਦਾ ਹੈ। ਜੇ ਜੀਵ ਨੂੰ ਆਤਮਕ ਸੁਖ ਮਿਲ ਜਾਇ ਤਾਂ ਏਹਿ ਦੁਖ ਨਹੀਂ ਰਿਹੰਦਾ।

ਹੇ ਵਾਹਿਗੁਰੂ, ਤੂੰ ਆਪ ਹੀ ਕਰਨਹਾਰ ਕਰਤਾ ਹੈਂ, ਮੇਰੀ ਸਮਝਣ ਦੀ ਸਮਰੱਥਾ ਨਹੀਂ ਹੈ। ਜੇ ਮੈਂ ਇਹ ਖਿਆਲ ਕਰਨ ਲਗ ਪਵਾਂ ਕੇ ਮੈਂ ਤੇਰੇ ਭੇਦ ਨੂੰ ਸਮਝ ਸਕਦਾ ਹਾਂ, ਤਾਂ ਇਹ ਗੱਲ ਫਬਦੀ ਨਹੀਂ।

ਮੈਂ ਵਾਹਿਗੁਰੂ ਤੋਂ ਸਦਕੇ ਹਾਂ, ਜੇ ਆਪ ਬਲਿਹਾਰੀ ਸਾਰੀ ਸ੍ਰਿਸ਼ਟੀ ਵਿਚ ਵੱਸ ਰਿਹਾ ਹੈਂ।
ਤੇਰਾ ਅੰਤ ਕੋਈ ਨਹੀਂ ਪਾ ਸਕਦਾ। ੧। ਰਹਾਉ।

ਪਰਮਾਤਮਾ ਤੇਰੀ ਜੋਤਿ (ਨੂਰ) ਸਾਰੀ ਸ੍ਰਿਸ਼ਟੀ ਵਿਚ ਹੈ, ਅਤੇ ਤੇਰੇ ਪ੍ਰਕਾਸ਼ ਵਿਚ ਸਾਰੇ ਜੀਵ ਜਿਉਂਦੇ ਹਨ।
ਸਾਰੀ ਸ੍ਰਿਸ਼ਟੀ ਵਿਚ ਤੂੰ ਇਕ-ਰਸ ਵਿਆਪਕ ਹੈਂ।

ਹੇ ਸਚੇ ਪਾਤਿਸ਼ਾਹ ਤੂੰ ਸਥਿਰ (ਪ੍ਰਸ਼ਾਂਤ, ਮਜ਼ਬੂਤ) ਹੈਂ; ਤੇਰੀਆਂ ਸਿਫਤਾਂ ਸੋਹਣੀਆਂ ਹਨ; ਜੇ ਤੇਰਾ ਨਾਮ ਸਿਮਰਨ ਕਰਦੇ ਹਨ ਉਹ ਇਸ ਭਵਜਲ ਸੰਸਾਰ ਤੋਂ ਉਤਰ ਜਾਂਦੇ ਹਨ।

ਹੇ ਨਾਨਕ! ਕਰਤਾਰ ਕੇ ਗੁਣ ਗਾਇਨ ਕਰ; ਪ੍ਰਭੂ ਚੰਗਾ ਸਮਝ ਕੇ ਕੰਮ ਕਰ ਰਹਿਆ ਹੈ, ਇਹਨਾਂ ਵਿਚ ਹੋਰ ਕਿਸੇ ਦਾ ਦਖਲ ਨਹੀਂ। ੨।

English Rendition

In these two pauris, introductory to the Rehras Sahib bani, Guru Nanak Dev ji blesses us with awareness of the greatness of the omnipresent, omnipotent and omniscient Waheguru who is immanent in His creation.

Worldly attachment and the desire for pleasure fails to stir the mind toward Waheguru. In this disease condition pain leads to partial remedy, and restores the attachment to worldly pleasure. The true cure is only obtained when, finally, divine contentment is realised by the soul.

Guru Sahib says You the Lord are the eternal Creator and I a mere observer; only when I realise that Thou art the Ordainer of all creation does my ego cease to cast its shadow on my actions. I am a sacrifice to Thee and on becoming enlightened on Thee I realise that Your Being is limitless and cannot be fathomed. Pause.

Thy light permeates all Creation and Beings; it reveals to me that Thy incalculable supreme power pervades the entire creation. Thou art the True Lord, Thy praise is imbued with love and is beautiful; whosoever truly adores Thee crosses the worldly ocean and attains salvation.

Says Nanak, glorify that Creator whose sublime actions always accord with His eternal Wisdom.

(ਦਲ ਭੰਜਨ ਗੁਰ ਸੂਰਮਾ, ਵਡ ਜੋਧਾ ਬਹੁ ਪਰੋਪਕਾਰੀ)

ਮੁਗਲ ਬਾਦਸ਼ਾਹ ਜਹਾਂਗੀਰ ਇਕ ਕਠੋਰ ਤੁਅਸਬੀ ਸੁਭਾ ਵਾਲਾ ਰਾਜਾ ਸੀ। ਇਸ ਦੇ ਹੁਕਮ ਅਨੁਸਾਰ ਪੰਜਵੇਂ ਪਾਤਸ਼ਾਹ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਨੂੰ ੩੦ ਮਈ ੧੬੦੬ ਨੂੰ ਲਾਹੌਰ ਵਿਖੇ ਤਸੀਹੇ ਦੇ ਕੇ ਸ਼ਹੀਦ ਕੀਤਾ ਗਿਆ। ਲਾਹੌਰ ਜਾਣ ਤੋਂ ਪਹਿਲਾਂ ਆਪ ਨੇ ਹਰਿਗੋਬਿੰਦ ਸਾਹਿਬ ਨੂੰ, ਜੋ ਕਿ ਉਸ ਸਮੇਂ ਕੋਈ ੧੧ ਸਾਲ ਦੇ ਸਨ, ਕਿਹਾ, "ਬੇਟਾ ਹੁਣ ਸਮੇਂ ਚੰਗੇ ਨਹੀਂ ਹਨ। ਤੁੱਸੀ ਸ਼ਸਤਰ ਪਹਿਨਣੇ ਹਨ ਅਤੇ ਤਦ ਤਕ ਡੱਟੇ ਰਹਿਣਾ ਜਦ ਤੱਕ ਇਹ ਜ਼ਾਲਮ ਜ਼ੁਲਮ ਨਾ ਛੱਡ ਦੇਣ ਜਾਂ ਖਤਮ ਨਾ ਹੋ ਜਾਣ"। ਇਸ ਨਾਲ ਹੀ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਨੇ ਹਰਿਗੋਬਿੰਦ ਦੇ ਗੁਰੂ ਹੋਣ ਦਾ ਐਲਾਨ ਕਰ ਦਿੱਤਾ।



ਪੰਜ ਪਿਆਲੇ ਪੰਜ ਪੀਰ, ਛਟਮ ਪੀਰ ਬੈਠਾ ਗੁਰ ਭਾਰੀ।

ਅਰਜਨ ਕਾਇਆ ਪਲਟ ਕੈ ਮੂਰਤਿ ਹਰਿ ਗੋਬਿੰਦ ਸਵਾਰੀ।

ਗੁਰੂ ਜੀ ਦੀ ਸ਼ਹਾਦਤ ਤੋਂ ਪਿੱਛੋਂ ਸਿੱਖੀ ਬਿਖੜੇ ਸਮੇਂ ਵਿਚੋਂ ਗੁਜ਼ਰਨ ਲੱਗੀ। ਛੋਟੀ ਉਮਰ ਦੇ ਹਰਿਗੋਬਿੰਦ ਜੀ ਨੂੰ ਕਈ ਔਕੜਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਪਿਆ। ਉਹਨਾ ਦੇਖਿਆ ਕਿ ਪਿਤਾ ਜੀ ਦੀ ਸ਼ਹੀਦੀ ਨਾਲ ਸਿੱਖਾਂ ਵਿਚ ਬੇਹੱਦ ਗੁੱਸਾ ਭਰ ਗਿਆ ਹੈ। ਇਸ ਨੂੰ ਵਰਤੋਂ ਵਿਚ ਲਿਆਉਣ ਲਈ ਉਹਨਾ ਨੇ ਸਿੱਖਾਂ ਨੂੰ ਸੰਤ ਸਿਪਾਹੀ ਬਣਾਉਣ ਦਾ ਫੈਸਲਾ ਕੀਤਾ। ਅਜੇਹੇ ਸਿੱਖ ਜੋ ਕਿ ਪੂਰਨ ਗੁਰਸਿੱਖ ਹੋਣ, ਪਰਮਾਤਮਾ ਦੇ ਭੈ ਵਿਚ ਰਹਿਣ ਤੇ ਲੋੜ ਵੇਲੇ ਆਪਣੀ ਤੇ ਦੀਨਾਂ, ਅਨਾਥਾਂ ਦੀ ਜਰਵਾਣਿਆਂ ਤੋਂ ਰੱਖਿਆ ਕਰ ਸਕਣ। ਗੁਰ ਗੱਦੀ ਤੇ ਬੈਠਦਿਆਂ ਹੀ ਉਹਨਾ ਨੇ ਸੈਲੀ ਟੋਪੀ ਛੱਡ ਕੇ, ਦੋ ਤਲਵਾਰਾਂ ਪਹਿਨੀਆਂ। ਇਕ ਮੀਰੀ ਦੀ ਤੇ ਦੂਜੀ ਪੀਰੀ ਦੀ - ਇਕ ਰਾਜਨੀਤੀ ਦਾ ਚਿੰਨ੍ਹ ਸੀ ਤੇ ਦੂਜੀ ਧਰਮ ਦਾ। ਉਹਨਾ ਨੇ ਸਿੱਖਾਂ ਨੂੰ ਵੰਗਾਰਿਆ, "ਅੱਜ ਤੋਂ ਮੇਰੀ ਪਿਆਰੀ ਭੇਟਾ ਚੰਗਾ ਸ਼ਸਤਰ ਤੇ ਚੰਗੀ ਜਵਾਨੀ ਹੋਵੇਗੀ। ਤੁੱਸੀ ਤਕੜੇ ਹੋਕੇ ਜ਼ੁਲਮ ਨੂੰ ਰੋਕਣ ਦਾ ਜਤਨ ਕਰਨਾ ਹੈ। ਕਸਰਤ ਕਰੋ, ਘੋਲ ਕਰੋ, ਗਤਕੇ ਖੇਡੋ, ਸ਼ਿਕਾਰ



ਦੋ ਤਲਵਾਰੀ ਬਾਧੀਆਂ ਇਕ ਮੀਰੀ ਦੀ ਇਕ ਪੀਰੀ ਦੀ

ਵਾਸਤੇ ਜੰਗਲ ਵਿਚ ਜਾਓ, ਘੋੜ ਸਵਾਰੀ ਕਰੋ। ਕਮਜ਼ੋਰੀ ਇਕ ਕੌਮੀ ਗੁਨਾਹ ਹੈ, ਜੋ ਕਿਸੇ ਨੂੰ ਭੀ ਖਿਆ ਨਹੀਂ ਕੀਤਾ ਜਾ ਸਕਦਾ। ਤੁੱਸੀ ਤਲਵਾਰ ਇਸ ਲਈ ਫੜਨੀ ਹੈ ਕਿ ਅੱਗੋਂ ਜ਼ੁਲਮ ਦੀ ਤਲਵਾਰ ਚਲਣੀ ਬੰਦ ਹੋ ਜਾਏ। ਅੱਜ ਅਸੀਂ ਇਹ ਪ੍ਰਣ ਕਰਨਾ ਹੈ ਕਿ ਸਾਡੀ ਤਲਵਾਰ ਉਨ੍ਹਾਂ ਚਿਰ ਚਲਦੀ ਰਹੇਗੀ ਜਦੋਂ ਤੱਕ ਕਿ ਜ਼ਾਲਮ ਦੀ ਤਲਵਾਰ ਚਲਣੀ ਬੰਦ ਨਹੀਂ ਜੋ ਜਾਂਦੀ। ਤੁਸੀਂ ਦਿਨ ਰਾਤ ਇਕ ਕਰ ਦੇਉ। ਪਿੰਡਾਂ ਵਿਚ ਜਾਓ। ਹਰ ਇਕ ਦੇ ਸੀਨੇ ਵਿਚ ਅੱਗ ਲਾ ਦਿਉ। ਲੋਕਾਂ ਨੂੰ ਦੱਸੋ ਕਿ ਤੁਹਾਡੀ ਜਵਾਨੀ ਦੀ ਅੱਜ ਕੌਮ ਨੂੰ ਲੋੜ ਹੈ। ਤੁਹਾਡੀ ਜੁਆਨੀ ਕੌਮ ਦੇ ਲੇਖੇ ਲੱਗੇ ਤਾ ਹੀ ਸਫਲ

ਹੋਵੇਗੀ। ਸਿਰ ਉੱਚਾ ਕਰਕੇ ਚਲਣਾ ਸਿਖੋਗੇ, ਤਾਂ ਡਰ ਨਹੀਂ ਲੱਗੇਗਾ ਤੇ ਘਬਰਾਹਟ ਦੂਰ ਹੋ ਜਾਏਗੀ। ਤੁਸੀਂ ਇਹ ਨਾ ਸੋਚਿਉ ਕਿ ਤੁਸੀਂ ਥੋੜੇ ਹੋ। ਤੁੱਸੀ ਇਕ ਸੋਮੇ ਨਿਆਈ ਹੋ। ਸਾਰੇ ਦਰਿਆ ਸੋਮਿਆਂ ਵਿੱਚੋਂ ਨਿਕਲਦੇ ਹਨ। ਤੁਹਾਡੇ ਜਿਹੇ ਲੱਖਾਂ ਸੋਮੇ ਹਨ। ਕੱਠੇ ਹੋਕੇ ਵਧੇਗੇ ਤਾਂ ਹੜ੍ਹ ਲਿਆ ਦਿਓਗੇ ਜੋ ਸਭ ਨੂੰ ਰੋੜ੍ਹ ਕੇ ਲੈ ਜਾਏਗਾ। ਲੱਕੜ ਦੀ ਇਕ ਨਿਮਾਣੀ ਤੀਲੀ ਸਾਰੇ ਜੰਗਲ ਨੂੰ ਸਾੜ ਦੇਂਦੀ ਹੈ। ਤੁਸੀਂ ਤਾਂ ਉਹ ਇਨਸਾਨ ਹੋ ਜਿਸਦਾ ਕਾਲਜਾ ਹੁਣੇ ਹੁਣੇ ਤੱਤੀਆਂ ਤਵੀਆਂ ਉੱਤੇ ਸਾੜਿਆ ਗਿਆ ਹੈ।

ਕਵਿਆਂ ਨੂੰ ਸੰਬੋਧਨ ਕਰਕੇ ਕਿਹਾ "ਤੁਹਾਨੂੰ ਮਾਲਕ ਨੇ ਕਵਿਤਾ ਦੀ ਦਾਤ ਬਖਸ਼ੀ ਹੈ। ਤੁਸੀਂ ਕੌਮ ਦੀ ਉਸਾਰੀ ਕਰਦੇ ਆਏ ਹੋ। ਦੁੱਖ ਦੇ ਗੀਤ ਛੱਡ ਕੇ ਕੌਮ ਨੂੰ ਟੋਇਆਂ ਵਿੱਚੋਂ ਬਾਹਰ ਕੱਢੋ। ਉਹ ਇਤਿਹਾਸ ਸੁਣਾਓ ਜੋ ਲੋਕਾਂ ਦਾ ਲਹੂ ਗਰਮ ਕਰ ਸਕੇ। ਸ਼ਹੀਦੀਆਂ ਦੀ ਕਹਾਣੀਆਂ ਦੇ ਭੱਠ ਤਪਾ ਦੇਉ ਤਾਂ ਕਿ ਇਹ ਨੰਡਾ ਲਹੂ ਗਰਮ ਹੋ ਸਕੇ ਤੇ ਮਿਧਿਆ ਹੋਇਆ ਪੰਜਾਬ ਤੇ ਡਿੱਗੀ ਹੋਈ ਕੌਮ ਫਿਰ ਪੈਰਾਂ ਤੇ ਖੜ੍ਹੀ ਹੋ ਸਕੇ"। ਢਾਡੀਆਂ ਨੂੰ ਗੁਰੂ ਜੀ ਨੇ ਕਿਹਾ, "ਹੁਣ ਲੋੜ ਹੈ ਤੁਹਾਡੇ ਸਾਜ਼ਾਂ ਵਿਚੋਂ ਲਲਕਾਰਾਂ ਨਿਕਲਣ। ਤੁਹਾਡੀਆਂ ਸੁਰਾਂ ਕੌਮ ਨੂੰ ਵੰਗਾਰਨ। ਤੁਹਾਡੀ ਢੰਡ ਦੀ ਥਾਪ ਲੋਕਾਂ ਨੂੰ ਟੁੰਬ ਕੇ ਜਗਾਵੇ। ਤੁਹਾਡੇ ਗਜ਼ ਦੇ ਘੰਗਰੂ ਕੁਰਬਾਨੀ ਲਈ ਦਿਲਾਂ ਵਿਚ ਚਾਹ ਪੈਦਾ ਕਰਨ"। ਗੁਰੂ ਜੀ ਨੇ ਹਰ ਤਰਾਂ ਕੌਮ ਨੂੰ ਟੁੰਬਿਆ, ਝੰਜੋੜਿਆ ਤੇ ਸਾਵਧਾਨ ਕੀਤਾ। ਦਿਨਾ ਵਿਚ ਹੀ ਇਹ ਸੁਨੇਹਾ ਘਰ ਘਰ ਪੁਰੰਚ ਗਿਆ। ਲੋਕ ਸ਼ਸਤਰ ਤੇ ਘੋੜੇ ਭੇਟ ਕਰਨ ਲੱਗੇ। ਦੀਵਾਨ ਵਿਚ ਢਾਡੀ ਵਾਰਾਂ ਸੁਣਾਉਣ ਲੱਗੇ। ਸ਼ੁਧ ਕਿਵਤਾ ਨਾਲ ਜਨਤਾ ਦਾ ਖੂਨ ਗਰਮ ਹੋਣ ਲੱਗਾ। ਵਾਰਾਂ ਨੂੰ ਮਹਾਨਤਾ ਦਿੱਤੀ। ਹਰ ਰੋਜ਼ ਵਾਰਾਂ ਸੁਣਾਈਆਂ ਜਾਣ ਲੱਗੀਆਂ। ਕੁਸ਼ਤੀਆਂ, ਨੇਜ਼ੇ-ਬਾਜੀ, ਨਕਲੀ ਜੰਗਾਂ ਕਰਕੇ ਕੌਮੀ ਆਚਰਣ ਕਿਸੇ ਖਾਸ ਢਾਂਚੇ ਵਿਚ ਢਾਲਿਆ ਜਾਣ ਲੱਗਾ। ਅਜੇਹੇ ਪ੍ਰੇਰਾਮ ਤੇ ਲੋਕਾਂ ਨੇ ਕਿੰਤੂ ਪ੍ਰੰਤੂ ਭੀ ਕੀਤੀ, ਪਰ ਗੁਰੂ ਸਾਹਿਬ ਅਨੁਸਾਰ ਇਸ ਬਦਲਾਵ ਦੀ ਧਰਮ ਦੀ ਰਾਖੀ ਵਾਸਤੇ ਅਵੱਸ਼ ਲੋੜ ਸੀ। ਗੁਰੂ ਜੀ ਦੇ ਹੁਕਮ ਅਨੁਸਾਰ ਲੋਗਾ ਨੇ ਸ਼ਸਤਰ ਤੇ ਘੋੜੇ ਭੇਟ ਕਰਨੇ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤੇ। ਜੇਧੇ ਤੇ ਜੁਆਨ ਆਉਣੇ ਸ਼ੁਰੂ ਹੋ ਗਏ। ਗੁਰੂ ਜੀ ਨੇ ੫੨ ਚੋਣਵੇ ਸਵਾਰ ਆਪ ਅੰਗਰੱਖਿਅਕ ਦੇ ਤੌਰ ਤੇ ਰੱਖ ਲਏ। ਇਹਨਾਂ ੫੨ ਸਵਾਰਾਂ ਨਾਲ ਸਿੱਖ ਫੌਜ ਦਾ ਮੁੱਢ ਬੱਝ ਗਿਆ। ਬਹੁਤ ਸਾਰੇ ਦੀਨ ਤੇ ਸਤਾਏ ਹੋਏ ਫੌਜੀ ਸਰਦਾਰਾਂ ਨੇ ਗੁਰੂ ਜੀ ਦੀ ਸ਼ਰਨ ਲਈ। ਲੋਹਗੜ੍ਹ ਕਿਲੇ ਦੀ ਉਸਾਰੀ ਕੀਤੀ ਅਤੇ ੧੬੦੬ ਵਿਚ ਅਕਾਲ ਤਖ਼ਤ ਦੀ ਉਸਾਰੀ

ਕੀਤੀ, ਜਿਸ ਦੀ ਚਣਾਈ ਦਾ ਸਾਰਾ ਕੰਮ ਗੁਰੂ ਜੀ, ਭਾਈ ਬੁੱਢਾ ਜੀ ਤੇ ਭਾਈ ਗੁਰਦਾਸ ਜੀ ਨੇ ਕੀਤਾ। ਲੋਕ ਇਹਨਾਂ ਨੂੰ ਸੱਚੇ ਪਾਤਸ਼ਾਹ ਕੇਹਿਨ ਲੱਗ ਪਏ।

ਇਸ ਮਾਨ ਸਤਿਕਾਰ ਤੋਂ ਜਹਾਂਗੀਰ ਨੂੰ ਬਗਾਵਤ ਦੀ ਬੇ ਆਉਣ ਲੱਗੀ। ਉਸ ਨੇ ਗੁਰੂ ਜੀ ਨੂੰ ਗਵਾਲੀਅਰ ਦੇ ਕਿਲੇ ਵਿਚ ਕੈਦ ਕਰ ਦਿੱਤਾ। ਤਕਰੀਬਨ ਦੋ ਸਾਲ ਪਿੱਛੋਂ ਗੁਰੂ ਜੀ ਦੀ ਰਿਹਾਈ ਹੋਈ। ਓਹਨਾ ੫੨ ਰਾਜਿਆਂ ਨੂੰ ਛੁਡਾਇਆ ਤੇ ਬੰਦੀਛੋਰੇ ਦਾਤਾ ਕਹਾਏ।

ਇਸ ਤੋਂ ਉਪਰੰਤ ਗੁਰੂ ਜੀ ਨੇ ਸਿੱਖੀ ਦੇ ਪ੍ਰਚਾਰ ਵੱਲ ਧਿਆਨ ਦਿੱਤਾ। ਦੁਆਬੇ ਵਿਚ ਪ੍ਰਚਾਰ ਕੀਤਾ, ਪੀਲੀ ਭੀਤ ਵੱਲ ਗਏ, ਕਸ਼ਮੀਰ ਵਿਚ ਪ੍ਰਚਾਰ ਕੀਤਾ। ਗੁਜਰਾਤ ਵਿਚ ਸ਼ਾਹ ਦੌਲਾ ਫ਼ਕੀਰ ਨਾਲ ਚਰਚਾ ਹੋਈ। ਸਨ ੧੬੨੭ ਵਿਚ ਜਹਾਂਗੀਰ ਦੀ ਮੌਤ ਹੋ ਗਈ। ਸ਼ਾਹ ਜਹਾਨ ਦਿੱਲੀ ਦਾ ਬਾਦਸ਼ਾਹ ਬਣਿਆ। ਮੇਹਰਬਾਨ ਤੇ ਚੰਦ ਦੇ ਪੁੱਤਰ ਕਰਮਚੰਦ ਨੇ ਇਕੱਠੇ ਹੋਕੇ ਝੂਠੀਆਂ ਸ਼ਕਾਇਤਾਂ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤੀਆਂ।



ਸ਼ਾਹਜਹਾਨ ਨੇ ਮੰਦਿਰ ਢੁਵਾਣੇ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤੇ। ਬਨਾਰਸ ਤੇ ਇਲਾਹਾਬਾਦ ਜ਼ਿਲਿਆਂ ਵਿਚ ਸੈਂਕੜੇ ਮੰਦਿਰ ਢਾਏ ਗਏ। ਲਾਹੌਰ ਵਿਚ ਬਣਦੀ ਬਾਉਲੀ ਤੋੜ ਕੇ ਮਸਜਿਦ ਬਣਾਉਣੀ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤੀ। ਸਿੱਖਾਂ ਨੂੰ ਚੰਗਾ ਨਾ ਲੱਗਾ। ਕਈ ਲੜਾਈਆਂ ਹੋਈਆਂ। ਪਹਿਲੀ ਜੰਗ ਅੰਮ੍ਰਿਤਸਰ, ਦੂਜੀ ਹਰਿਗੋਬਿੰਦ ਪੁਰ, ਤੀਜੀ ੧੬੩੧ ਵਿਚ ਨਿਥਾਨਾਂ ਵਿਖੇ, ਚੌਥੀ ਪੈਂਦੇ ਖਾਨ ਨਾਲ, ਤੇ ਇਕ ਫਗਵਾੜੇ ਦੇ ਨੇੜੇ ਦੁਆਬੇ ਵਿਚ ਹੋਈ। ਗੁਰੂ ਜੀ ਨੇ ਜੇ ਜੰਗਾਂ ਲੜੀਆਂ ਤੇ ਜਿੱਤੀਆਂ, ਸਭ ਅਸੂਲ ਤੇ ਧਰਮ ਦੀਆਂ ਲੜਾਈਆਂ ਸਨ, ਕਿਸੇ ਵਿਚ ਭੀ 'ਜ਼ਰ, ਜ਼ਮੀਨ, ਜ਼ਨ' ਦਾ ਕੋਈ ਪ੍ਰਭਾਵ ਨਹੀਂ ਸੀ।

ਅੰਤ ਗੁਰੂ ਹਰਿਗੋਬਿੰਦ ਸਾਹਿਬ ਨੇ ਸਿੱਖੀ ਪ੍ਰਚਾਰ ਤੇ ਧਿਆਨ ਦਿੱਤਾ ਤੇ ਆਪਣਾ ਟਿਕਾਣਾ ਕੀਰਤਪੁਰ ਵਿਖੇ ਕੀਤਾ। ਬਾਬਾ ਗੁਰਦਿੱਤਾ ਜੀ, ਇਹਨਾਂ ਦੇ ਵੱਡੇ ਬੇਟੇ ਚੰਗੇ ਪ੍ਰਚਾਰਕ ਸਨ। ਇਹਨਾਂ ਦੇ ਨਾਲ ਅਲਮਸਤ, ਝੂਲ, ਗੋਂਦਾ ਤੇ ਬਾਲੂ ਹਸਨੇ ਨੇ ਪ੍ਰਚਾਰ ਦੂਰ ਦੂਰ ਜਾ ਕੇ ਕੀਤਾ ਤੇ ਗੁਰੂ ਨਾਨਕ ਦੀਆਂ ਸੰਗਤਾਂ ਕਾਇਮ ਕੀਤੀਆਂ। ਅੰਤ ੩ ਮਾਰਚ ੧੬੪੪ ਕੀਰਤਪੁਰ ਸਾਹਿਬ ਵਿਚ ਬਾਬਾ ਗੁਰਦਿੱਤਾ ਦੇ ਪੁੱਤਰ ਹਰਿ ਰਾਏ ਸਾਹਿਬ ਨੂੰ ਗੁਰ ਗੱਦੀ ਸੁਪੁਰਦ ਕਰ ਕੇ ਅਕਾਲ ਚਲਾਣਾ ਕਰ ਗਏ। ਮੇਹਸਨ ਫਾਨੀ ਦੇ ਲਿਖਣ ਅਨੁਸਾਰ "ਸੰਗਤ ਵਿੱਚੋਂ ਗੁਰੂ ਜੀ ਨਾਲ ਅਥਾਹ ਪਿਆਰ ਇਸ ਗੱਲ ਤੋਂ ਦੇਖਿਆ ਜਾ ਸਕਦਾ ਹੈ ਕਿ ਆਪ ਦੀ ਬਲਦੀ ਚਿਤਾ ਵਿਚ ਇਕ ਰਾਜਪੁਤ ਤੇ ਇਕ ਜੱਟ ਸੜ ਕੇ ਮਰ ਗਏ"। ਕਈਆਂ ਨੂੰ ਗੁਰੂ ਹਰਿ ਰਾਏ ਜੀ ਨੇ ਰੋਕਿਆ। ਇਸ ਅਸਥਾਨ ਤੇ ਪਤਾਲਪੁਰੀ ਗੁਰਦੁਆਰਾ ਹੈ। ਗੁਰੂ ਸਾਹਿਬ ਨੇ ੩੮ ਸਾਲ ਗੁਰਗੱਦੀ ਦੀ ਜੁਮੇਵਾਰੀ ਨਿਭਾਈ। ਲੋਕਾਂ ਨੂੰ ਪਿਆਰ ਦਿੱਤਾ ਤੇ ਪਿਆਰ ਲਿਆ।

॥ Waheguru Ji Ka Khalsa Waheguru Ji Ki Fateh ॥

Guru Har Krishan Ji

Jagtar Singh Thethi

Sri Har Krishan Ji was born on July 7, 1656 to Mata Raj Kaur Ji and Guru Har Rai Ji at Kiratpur Sahib. His elder brother, Baba Ram Rai, who was very clever and worldly wise, was sent to Delhi by his father to satisfy Aurangzeb with a caution that he should answer all questions of Aurangzeb honestly and without fear. However, on the day, Baba Ram Rai replaced some wording of Gurbani and substituted his own words in order to please Aurangzeb.



In place of 'ਮਿੱਟੀ ਮੁਸਲਮਾਨ ਕੀ' he read 'ਮਿੱਟੀ ਬੇਈਮਾਨ ਕੀ'. He also indulged in miracles, which is forbidden to Sikhs, and thus again tried to please Aurangzeb. Guru Har Rai Ji came to know about these sinful activities, and to express his intense dislike, told him to go away and never ever to show his face. Guru Har Rai's younger son, Har Krishan ji, was most pious and devoted. Though very young, Guru Sahib selected him for the *Gur-gaddi*. When Ram Rai came to know about his five-year old brother's selection, he was very upset and went straight to see Aurangzeb about it. Aurangzeb told him that he could not make him the Guru

of the Sikhs but he would make up his financial loss due to his intimacy with Aurangzeb and he granted him seven villages in the northern region where Dehra Dun is situated today.

In 1662, Aurangzeb became seriously ill and went to Kashmir for respite. On his way, he stayed in Lahore for around three months. He was shocked to see a big increase in the number of Sikhs despite the tender age of their Guru. All this was happening against his wishes. When he came back to Delhi, he ordered Mirza Raja Jai Singh to call Guru Har Krishan Ji to Delhi. He sent dewan Paras Ram to Kiratpur and he diplomatically convinced Guru Ji to come to Delhi. Guru Sahib agreed to go on the condition that as per his father's wishes, he would not meet Aurangzeb face-to-face.

The Guru left for Delhi along with 2200 horsemen. He made it clear that he was going only to meet and bless the Sikh sangat of Delhi, and would not meet Aurangzeb in any case. After reaching Panjokhra, near Ambala, Pandit Lal Chand met Guru Har Krishan Ji and simply could not believe that a child could be a Guru or religious leader of the Sikhs. So he wanted to put him to the test. He asked Guru Ji to explain some Slokas of the Bhagwat Gita. Guru Ji asked him to invite any person from the village and that person will explain the meaning of Gita. Lal Chand cunningly brought back a totally illiterate, deaf and dumb person named Chhajju, the water carrier. As the Pandit recited the slokas of Gita, Guru Ji put his stick on Chhajju's head who explained the meanings loudly and clearly. Pandit Lal Chand was so impressed at this spectacle that he fell at the Guru's feet and himself adopted the Sikh faith.

Near Delhi Mirza Raja Jai Singh received Guru Ji and arranged for his stay at Bangla Sahib. Guru Ji made it clear to the Raja that under no circumstances would he meet Aurangzeb. The king sent some very precious gifts with a rosary to the Guru who picked up the rosary and returned everything else. Aurangzeb was amazed but realised that the child Guru had no desire to amass wealth of precious stones.

Then Aurangzeb asked Mirza Raja Jai Singh to ask Guru Ji to see if he could recognise the Raja's wife who would be dressed in servant garb, mingled with many other maid servants. The Guru soon placed his stick on the head of the queen herself, and asked, "What makes the queen dress up as a maid servant?" She was terribly embarrassed at this.

Then Aurangzeb sent his son Muazzam who was almost the same age as the Guru Ji. The prince was amazed to see the splendour and continuous running of the community kitchen (langar). The Guru gave him unseasonal fruit out of the garden to eat, as per his wishes. Even the prince asked him to give a glimpse to the king. The Guru replied that a person who does not keep God in his mind, is not alive. He merely breathes. Then he wrote on a piece of paper:

ਕਿਆ ਖਾਏ ਕਿਆ ਪੈਏ ਰੋਇ॥ ਜਾ ਮਨਿ ਨਾਹੀ ਸਾਚਾ ਸੋਇ॥

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Prince Muazzam told Aurangzeb what he had seen and also gave the writing of the Guru to him. Guru Ji's stay at Delhi was a blessing for the Sikhs of Delhi. Local people went for a glimpse

of the Guru and attended morning and evening Diwan. One day Aurangzeb went for a glimpse but Guru ji got the door shut and said,

“ਸੀਸ ਹੈ ਦੇਣਾ, ਹੁਣ ਕੇਹਾ ਕੂਚ ਕੇਹਾ ਡਰਨਾ।
ਇਹ ਬਚਨ ਹੋਦਿਆਂ ਜੇ ਅਉਰੰਗਾ ਚੜ੍ਹ ਆਇਆ।
ਸੁਣਦੇ ਹੀ ਬੁਹਾ ਬੰਦ ਕਰਾਇਆ।
ਜੁਆਬ ਸੁਆਲ ਵਿਚ ਦੁਰਘਾ ਮਲ ਪਾਇਆ।
ਅੱਧੀ ਘੜੀ ਬੁਹੇ ਤੇ ਅਉਰੰਗਾ ਖੜਾ ਰਿਹਾ।”

Having helped many victims during the then current small pox and cholera epidemic, as he was about to return to the Panjab in the year 1664, he himself contracted an infection. When asked, “Who will be the next Guru?” he simply said “Baba Bakale” and his young soul merged with the Creator.

🙏 🙏 WAHEGURU JI KA KHALSA WAHEGURU JI KI FATEH 🙏 🙏

Remembering Bhai Mani Singh

Pritpal Singh Jagdev

Bhai Mani Singh, scholar, soldier and martyr, led a life of exemplary devotion to the Sikh faith during the lifetimes of four Guru Sahibs. He was born as Bhai Mani Ram on the 10th March, 1644 A.D., in village Alipur. At age 13, accompanied by his father Mai Dass, he visited Guru Har Rai at Kiratpur. He stayed in the service of Guru Sahib, and thereafter that of Guru Har Krishan, and later paid homage to Guru Tegh Bahadur.

Bhai Mani Ram was personal bodyguard to Guru Gobind Singh; he was baptised during the Vaisakhi event of 1699, becoming Bhai Mani Singh, along with five of his sons. Soon after that, Guru ji sent him to Amritsar to take charge as Head Granthi of Harmandar Sahib and Jathedar of the Akal Takhat. He was Guru Sahib's Diwan (Minister).

At the time of leaving Anandpur on the night of December 20-21, 1704 A.D., after crossing the severely flooded River Sirsa whilst under Mughal attack, Guru ji entrusted Bhai Mani Singh to take Mata Sundri Ji and Mata Sahib Devan to Delhi via Ambala. Again, in May 1705 A.D., at the call of the Guru he reached Talwandi Sabo where he was the chosen scribe, and to him Guru Gobind Singh dictated the original manuscript of the holy Granth Sahib.

In the year 1737 AD., Bhai Mani Singh was given permission by the Governor to allow Sikhs to have free access to Harmandar Sahib on the occasion of Diwali, on the condition that he pays tax of Rupees five thousand. However the event was cancelled after the Governor's secret plan to attack the Sikhs became known. Instead of the unfair tax the Governor then made the usual demand of him - to embrace Islam, which Bhai Mani Singh politely but firmly refused. As a result, on 8 July, 1738 Nanakshahi, he was most cruelly martyred at Nakhaas Chowk. Qazi Abdul Razak ordered that Bhai Mani Singh be dismembered joint by joint.



Bhai Mani Singh, throughout his lifetime, has shown us such path of love that only a few could have walked it. **Let us proudly call this great saint-soldier, one of our very own.**

ਸੁਰਿ ਨਰ ਮੁਨਿ ਜਨ ਅੰਮ੍ਰਿਤੁ ਖੋਜਦੇ ਸੁ ਅੰਮ੍ਰਿਤੁ ਗੁਰ ਤੇ ਪਾਇਆ ॥

SGSS Ang 918

The angelic persons and the silent sages search for the Divine Nectar... that Nectar I have obtained from the Guru.

These verses, written by Guru Amar Das ji, are full of what can only be described as sweet nectar. This bani is a rich fountain of Amrit, full of God realisation.

We spend most of our life time on acquiring education and skills, to sustain successful *and* ambitious lives, to possess wordly comforts and material wealth. But Gurbani teaches us that the real treasures are to be found in understanding and living in accordance with the wisdom in the (Naam) Gurbani. With the progress of the soul wisdom one attains the real colours of uplifting spirits, whereby (Amrit) the sweet state of being, resides in the consciousness.

ਆਜੁ ਹਮਾਰੈ ਗ੍ਰਿਹਿ ਬਸੰਤ ॥

ਗੁਨ ਗਾਏ ਪ੍ਰਭ ਤੁਮ੍ਹ ਬੇਅੰਤ ॥੧॥ ਰਹਾਉ ॥

SGSS Ang 1180

Today, it is springtime in my household.

I sing Your Glorious Praises, O Infinite Lord God. ||1||Pause||

The blossom of the God realisation stays forever in the soul, in all the different seasons; it never leaves the individual. It stays in the fullness of time.

How then to acquire such Amrit state of being?

Is it enough to go to the Gurdwara and bow down (matha taek)? Just perform Ardas or paath for a few minutes. Not really; to acquire the Amrit state of being a 'U' turn is needed. This is possible with 'Naam Simran'. This is like the whole works of Shakespeare are expressed with the English alphabet a b c... Similarly the whole wisdom of God realisation is in the 'Naam', or more precisely, in the Shabad. Amrit of the Soul is the deeper state of being felt with Naam Simran.

How to achieve such Amrit fulfilment?

Now the question is how to start the Naam Journey... First of all there should be the thirst or hunger to fulfill the soul emptiness and then look for a Guru shabad. This Naam is to be recited in a peaceful place and for a set time; this practice should be undertaken on a daily basis.

Slowly the simran will become a habit and a relationship develops in the mind with the soul. One has to continue to partake in the simran and paath daily. What happens is that the soul starts to take over the mind. Then one arrives in the 'Sahej' blissful state of being.

Countless treasures and Divine love are experienced when one is blessed with the 'Naam'; then one drinks the Amrit from within.

Amrit is in the soul state, not anything outside of the body. Amrit is hidden in 'Naam'. The practice of Naam Simran reveals this nectar.

The transformation starts to take place in the one who is practicing Simran to achieve the state of soulful Amrit.

ਭੈਰਉ ਮਹਲਾ ੫ ॥

ਊਠਤ ਸੁਖੀਆ ਬੈਠਤ ਸੁਖੀਆ ॥

ਭਉ ਨਹੀ ਲਾਗੈ ਜਾਂ ਐਸੇ ਬੁਝੀਆ ॥੧॥

ਰਾਖਾ ਏਕੁ ਹਮਾਰਾ ਸੁਆਮੀ ॥

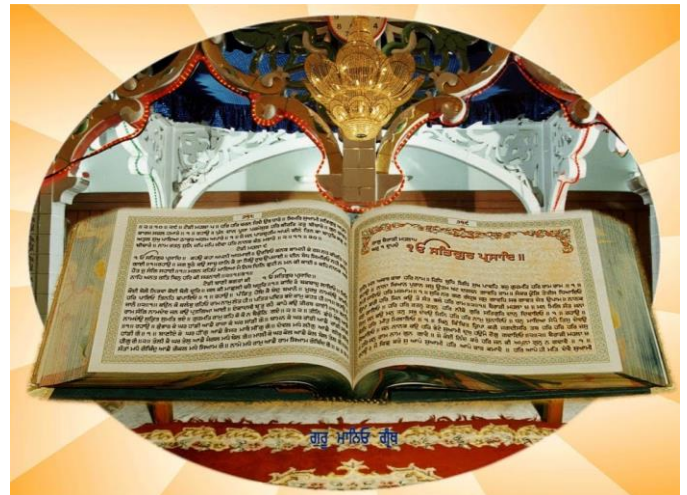
ਸਗਲ ਘਟਾ ਕਾ ਅੰਤਰਜਾਮੀ ॥੧॥ ਰਹਾਉ ॥

ਸੋਇ ਅਚਿੰਤਾ ਜਾਗਿ ਅਚਿੰਤਾ ॥

ਜਹਾ ਕਹਾਂ ਪ੍ਰਭੂ ਤੂੰ ਵਰਤੰਤਾ ॥੨॥

ਘਰਿ ਸੁਖਿ ਵਸਿਆ ਬਾਹਰਿ ਸੁਖੁ ਪਾਇਆ ॥

ਕਹੁ ਨਾਨਕ ਗੁਰਿ ਮੰਤ੍ਰੁ ਦ੍ਰਿੜਾਇਆ ॥੩॥੨॥



Bhairao, Fifth Mehl: SGGS Ang 176

Standing up, I am at peace; sitting down, I am at peace.

I feel no fear, because this is what I understand. ||1||

The One Lord, my Lord and Master, is my Protector.

He is the Inner-knower, the Searcher of Hearts. ||1||Pause||

I sleep without worry, and I awake without worry.

You, O God, are pervading everywhere. ||2||

I dwell in peace in my home, and I am at peace outside.

Says Nanak, the Guru has implanted His Mantra within me. ||3||2||

With Amrit, the Soul wisdom shows the person the hidden treasures which are impossible to see with the worldly eyes.

Now when the transformation has taken place there is blissfulness at home and outside; life becomes blissful and one achieves the Amrit state of Being. The blessed persons drink this 'Amrit' and constantly achieve the treasures of Naam Simran, all the time.

When we acknowledge Waheguruji's Amrit Naam as our soul Seat, Waheguruji the Omnipresent takes care of our well-being. The nectar of Naam is beautifully expressed in this Shabad by Bhai Surinder Singh ji:

<https://youtu.be/wKzRFJj3koE>



Coronavirus (COVID-19) also known as SARS-CoV2, is a virus transmitted through droplets (coughs and sneezing). The virus can live on surfaces, such as plastic, for longer periods (sometimes up to 72 hours), hence regular cleaning of 'high touch surfaces' like door handles (including the car), light switches, computers and phones, is necessary. Handwashing frequently, for at least 20 seconds using soap and water (preferably) or hand sanitiser, can remove the virus. Older people (especially those over 55 years), from ethnic minority groups and those with pre-existing medical conditions may be more at risk of infection and affected by the virus (in particular if high blood pressure, diabetes or overweight conditions are present).

There is no cure for COVID-19 and there is no vaccine available against it, though clinical trials are underway, so currently prevention is most important. People should maintain good hand hygiene, social distancing and wear a mask covering the nose and mouth fully especially if they are travelling on public transport, are in areas where they are unable to distance or have been notified as being 'at risk'. Once on, the mask should not be touched or lowered to speak as you can self-contaminate by touching it. Eyes, nose, mouth and potentially ears, are the route for the virus to enter and infect us. If wearing plastic gloves, note that strict handwashing is still required. Masks (unless re-usable) and gloves should be disposed of daily.

People should maintain regular physical exercise and a healthy weight as well as adequate hydration to stay as well as possible. There is no evidence that particular vitamins or herbal remedies prevent the infection. If in public and need to sneeze but don't have tissue, sneeze into the crook of your arm.

Carry hand sanitiser with you if you can and limit time outside of the house, being in crowded spaces or touching other people. If infected, the majority of people will have mild symptoms. Symptoms can take up to 14 days to show but will often appear earlier and some people may not display any symptoms at all. Typical symptoms include but are not restricted to: new continuous cough (for longer than 1 hour), fever above 37.8 C or loss of smell/taste.

Other symptoms include gastrointestinal upsets, seizures, stroke or loss of diabetic control (where ketones may be present), dehydration, cardiac problems and new clots developing.

If you think you have the virus you can get tested to find out - call/use online NHS111 service. If infected the whole household should self-isolate for 14 days and not leave

the house or allow any visitors. If symptoms worsen and/or difficulty in breathing, then do not delay - get medical attention quickly. If infected, diabetic medicines such as Metformin or those ending in 'flozin' e.g. Dapglaflozin should be temporarily stopped (and further blood tests will be required to monitor - your doctor will advise further). Those people using 'preventer' inhalers should continue using them regularly. As we approach autumn and flu season, it is important that people older than 65 years/at risk have vaccination for flu (and where applicable pneumonia). Speak to your GP or pharmacist for further medical advice.

This article has been contributed by the Gurdwara Well Being Group.



Green Corner

Supinder Kaur Gill

I would like to thank Bhai Balbir Singh for maintaining the bagh during lockdown; It is flourishing!



Although life has been paused for most of us, nature is thoroughly enjoying itself with flowers blossoming, birds building their nests and being very vocal. London Wildlife Trust have got some great activities that you can try from home.



Getting out and about in nature can have such a positive impact on us and is important for our mental and physical wellbeing. Please make sure you do so safely, by keeping a two-metre distance at all times.

See if you can name the leaves A, B and C. (Hint: they are all plants that are growing in our bagh!).

A



B



C

Jobs in the garden in July

1. The weather has been dry. To keep water retention add leaf mould, torn paper to your soil and water in. Remember to add leaf mould to the trees outside your homes as well as your garden.
2. Plant your vegetables, eg beetroot, carrots, beans, salad crop
3. Harvest your spring vegetables
4. Pick your soft fruit
5. Dead head your flowers. This encourages more flowers and reduces diseases
6. Clear your pond
7. Cut and feed your lawns.

Quiz Answers: A – Strawberry B – Apple C – Olive

SIKH ASSISTED MARRIAGES

During the closure of the gurdwara, in compliance with the government guidance on social distancing, the matrimonial service has been suspended until normal services can be resumed.

Gurdwara Sri Guru Singh Sabha's March 2020 list of matrimonial partners appears below. It will be upgraded when the service resumes.

MALES

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
2747	18/12/81	BSc(hons) Computer Science	IT Business Analyst	5' 11"
2748	20/06/88	BA(hons), MSc, CIMA	Senior Finance Analyst	5' 10"
2749	28/12/86	BSc Financial Computing	Client Care Analyst	5' 06"
2750	09/05/87	BA Finance/Accounts, ACCA	Chartered Accountant	5' 10"
2751	16/06/91	BA Business Economics	Quantity Surveyor	6' 00"
2752	10/05/91	M Pharm	Pharmacist	6' 03"
2753	13/09/91	MA Medicine, MBBS	Hospital Doctor	5' 11"
2754	18/05/87	Master Business Info Management	Operations Supervisor	6' 00"
2755	25/07/89	BSc(hons) Business Mgmt. & Mktng	Self Employed	5' 08"
2756	05/03/75	BSc Product Design	Baggage Handler	5' 8½"
2757	02/03/90	LLB	Senior Executive (Family Bus.)	5' 10"
2758	23/08/84	BSc Computer Science	Self employed	6' 00"
2759	13/07/89	City & Guilds Level 3	Motor Mechanic	5' 06"
2760	26/07/90	MBBS	ST3-ConsultantRadiologytrainee	5' 10"
2761	22/06/85	BSc, MSc, PhD Immunology	Associate Director	5' 09"
2762	06/12/88	LLB, LLM, LPC	Solicitor	6' 01"
2763	31/05/88	BA, LLB	Head of Legal Lawyer Corparter	5' 11"
2764	22/01/89	Compex Electrician	Compex Qualified Electrician	5' 09"
2765	07/10/81	Masters in Commerce	Production Manager	5' 09"
2766	21/05/91	MSc Physics	Procurement Manager	6' 01"
2767	03/09/87	MSc Computer Science	IT Consultant	5' 09"
2768	05/07/89	MSc Financial Mathematics	IT Contractor	5' 10"
2769	25/08/84	B Eng. Computer Networking	IT Production Manager	5' 02"
2770	25/09/88	BA Sociology, LLB, LPC	Solicitor	5' 10"
2771	25/03/85	BTEC Business	BA Customer Service	5' 11"
2772	28/02/88	BSc Economics	Investor-Trader	6' 01"
2773	17/07/90	BSc, B Med(hons), M Pharm	Pharmacist	6' 04"
2774	20/05/84	MBBS, FRCR	NHS Consultant	5' 09"

2775	27/09/90	M Eng Aerospace Engineering	Proxisense Ltd, Oxford Uni	6' 01"
2776	26/06/81	BSc Computer Info. Systems	Senior IT Consultant	5' 09"
2777	10/03/93	MBBS, BSc(hons)	Medical Doctor	6' 04"
2778	17/01/90	College - IT Entry Level 1	Taxi Driver	6' 02"
2779	20/11/91	BSc Quantity Surveyor	Quantity Surveyor	5' 11"
2780	16/01/86	Diploma	Director - own company	5' 07"
2781	12/11/89	Business Studies & Personal Finance	Law Enforcement Officer	6' 01"
2782	21/12/92	BSc Economics (UCL)	Investment Banking	6' 03"
2783	28/03/83	BSc(hons) Computer Science	Account Manager	5' 09"
2784	16/06/86	ACCA	Accountant Plc	6' 01"
2785	29/12/81	BSC(hons) Information Systems	IT Consultant	6' 00"
2786	28/06/86	B Eng Electronic Engineering	Test Engineer	5' 06"
2787	29/05/85	BSc Mathematics	Actuary	5' 07"
2788	19/03/94	BTEC Science Level 3	BT Telecoms Engineer	6' 00"
2789	22/07/80	BSc Maths & Computer Science	Business Owner	5' 07"
2790	23/04/90	A Levels	British Airways	6' 02"
2791	02/11/74	MSc, B Eng(hons)	Senior Project Mgr Invest.Bank	5' 09"
2792	03/12/89	MPharm Pharmacy	Pharmacist (Branch Manager)	5' 09"
2793	15/03/87	M Pharm, MBBS	Junior Doctor	6' 00"
2794	02/06/88	MSc Economics & Finance (LSE)	Investment Analyst	6' 00"
2795	02/04/91	BSc Accounting & Finance	Accountant	6' 00"
2796	21/05/88	AS Level	Account Manager	6' 00"
2797	18/01/91	A Levels, left after 1yr at Uni	Warehouse Operator	5' 11"
2798	06/07/90	BSc, MBBS	Hospital Doctor	6' 02"
2799	16/11/87	BSc Pharmaceutical Science	Manager-Pharmaceutical Comp.	5' 10"
2800	28/04/91	LLB, LPC	Solicitor	5' 11"
2801	23/03/85	BSc(hons) Optometry	Hospital Optometrist	5' 09"
2802	03/04/87	MSc Pharmacy	Pharmacist	5' 09"
2803	08/05/81	A Levels	Managing Director	5' 07"
2804	07/05/82	MSc IT & Management	Case Analyst	5' 10"
2805	04/05/89	BSc Actuarial Science	Actuary KPMG	5' 10"
2806	02/04/83	BSc(hons)	Investment Banking	6' 02"
2807	28/04/89	B Eng Air Transport Engineering	Pilot	6' 00"
2808	24/01/91	Civil Engineering Degree	Senior Quantity Surveyor	6' 00"
2809	09/11/91	BSc Economics, Chartered Accountant	Economist	6' 02"
2810	15/08/92	PhD, M Chem	Scientist	6' 00"
2811	11/12/90	BSC(hons) Info. & Comm. Technology	Software Analyst	6' 00"
2812	15/12/80	MSc Finance	Investment Manager	6' 00"
2813	23/03/93	BSc Biology	Teacher	6' 01"
2814	25/08/92	Primary School Teacher	Teaching at Primary School	5' 09"
2815	27/12/93	LLB Law	Paralegal	5' 11"
2816	07/10/88	BSc, MPharm	Own Pharmacy Business Bristol	6' 01"
2817	23/10/85	BA Business Studies	Estate Agent	5' 09"
2818	27/12/85	MSc Pharmacy	Pharmacist	6' 02"
2819	26/12/85	BSc(hons) Economics (LSE)	Investment Banker M&A	6' 02"
2820	10/12/82	BSC, CIMA Accountant	Business Manager Barclays	5' 11"
2821	18/11/81	High Diploma (college), Advanced IT	BUPA Health Service Consultant	5' 07"
2822	30/09/94	BSc Business & Politics	Digital Marketing (Fiat)	5' 9½"
2823	28/07/92	MD Master of Medicine	Senior House Officer	5' 06"
2824	27/07/88	Doctor of Medicine	NHS	6' 00"

2825	03/02/96	BSc(hons)	Accountant	6' 04"
2826	05/11/88	BDS Dentistry	Dentist	6' 00"
2827	28/09/85	A Levels	Deputy Court Custody Manager	5' 08"
2828	08/04/91	BSC(hons) Economics	Risk Consultant	6' 01"
2829	02/06/79	MBChB, General Practitioner	GP	5' 10"
2830	10/12/75	BSC(hons) Information Management	Engineer Contractor	5' 08"
2831	28/07/93	BSC Architecture, MA Graphic Design	Graphic Designer	6' 00"
2832	04/02/88	LLB(hons), LPC Law	Associate Director, Finance	6' 00"
2833	01/12/82	LLB(hons) Law	Contracting Lawyer	5' 10"
2834	23/03/88	BA(hons), ACCA	Finance Project Manager	5' 09"
2835	01/02/89	BSc (hons)	Financial Analyst	6' 00"
2836	02/06/86	MBBS, MRCP	Doctor GP	5' 10"
2837	12/06/76	Physics Degree	Finance work	6' 02"
2838	25/04/88	M Eng Materials Sci. & Eng., ACA	Chartered Accountant	5' 09"
2839	31/01/80	IT Degree	Assistant Manager	6' 00"
2840	17/10/91	BSc (hons)	Actuary	5' 10"
2841	19/06/94	BSc Consumer Behaviour & Marketing	Financial Writer	5' 11"
2842	14/04/90	CIMA Qualified Accountant	Senior Finance Analyst	5' 10"
2843	01/07/89	BSC(hons) Chemistry, PGCE	Mortgage Broker	5' 09"
2844	22/01/88	BSc, MBBS	Hospital Doctor	5' 10"
2845	06/02/90	MBBS	NHS Doctor	6' 02"
2846	17/11/83	BSc Aerospace Engineering	Mechanical Engineer	5' 08"
2847	20/11/84	A Levels	IT Contractor	5' 11"
2848	28/11/90	BSc Economics, ACA	Finance	5' 08"
2849	16/01/88	Postgraduate Masters	Strategy Consultant	6' 02"
2850	28/06/87	BSc(hons) Computer Science	Business Intelligence Developer	5' 11"
2851	06/05/91	BSc Business Information Systems	Business Development Mgr	5' 09"
2852	09/01/85	BA(hons), ACA	Chartered Accountant-own Buis	5' 09"
2853	21/10/81	BDS, MJDF, RCS(eng) PGCMDE	Principle Dentist	5' 11"
2854	26/11/95	BDS Dentistry	Dentist	6' 03"
2855	10/01/89	BSc(hons)	Quality Surveyor/Finance	6' 00"
2856	30/03/91	MSc Computer Science	IT Software Consultant	6' 05"
2857	13/03/87	BSc Finance & Accounting	Management Accounting	6' 00"
2858	04/02/94	BSc Sci. MSc Busi. Technology	Sub-contractor Manager	6' 02"
2859	19/04/84	BA Economics, IMA Chartered Acc'tant	Senior Commercial Finance	5' 09"
2860	29/04/93	ACA, Degree Accounting & Finance	Chartered Accountant	5' 11"
2861	27/10/89	BSc Maths & Management	Senior Commercial Analyst	5' 06"
2862	10/09/90	BSc, MSC Finance & Risk	Self Employed	5' 04"
2864	18/03/90	Charter Accountant	British Gas	5' 08"
2865	23/09/78	LLB(hons); PGDLP; PGDNP; MSc Law	In-House Counsel Solicitor	5' 09"
2866	19/02/90	BSc(hons), MSC Computer Science	Senior Software Engineer	5' 07"
2867	27/05/92	BSc(hons), PGDiP	Architect	5' 09"
2868	19/03/92	BA Economics	Accountant, Studying Ch. Acc.	6' 03"
2869	23/11/82	B Eng Computer Systems Engineering	Technical Presales Consultant	5' 09"
2870	05/12/93	MSc Mechanical Engineering	Site Engineer	5' 09"
2871	10/03/92	BSc, MBChB, MRES	Hospital Doctor	5' 09"


F E M A L E S

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
9136	19/04/88	BA History, GDL BPP	Solicitor	5' 06"
9137	28/05/92	BA French Literature	Marketing	5' 07"
9138	01/11/89	MD Medicine	Junior Doctor	5' 07"
9139	08/01/91	BSc Physiotherapy	Senior Physiotherapist	5' 01"
9140	29/06/93	BA(hons), MA	Project Manager	5' 06"
9141	28/02/89	M Pharm	Clinical Pharmacist	5' 07"
9142	22/12/91	Adv Apprenticeship L2,3,4 Childcare	Nursery Nurse Team Leader	5' 01"
9143	18/11/89	BA(hons) Study of Religion	Learning Resource Manager	5' 02"
9144	03/02/93	BA History	Strategy Consultant	5' 03"
9145	04/12/86	LLB, PGCE	Teacher	5' 03"
9146	13/09/80	Masters	Account Director	5' 03"
9147	09/03/79	ACA, BSc Economics	Accountant	5' 06"
9148	25/10/84	LLB	Lawyer	5' 06"
9149	31/05/94	GCSE, Level 2 Acc'ting Apprenticeship	Regional Administrator	5' 05"
9150	03/03/85	A levels	Assistant Manager Insolvency	5' 02"
9151	17/11/83	Degree HRM & Marketing	HR Business Partner/Manager	5' 04"
9152	17/08/84	Degree educated	IT Programmer	5' 00"
9153	08/09/89	Degree educated	Trainee Solicitor	5' 00"
9154	02/10/90	BA Business Management	Property Negotiator	5' 05"
9155	31/01/87	M Pharm	Pharmacist	5' 03"
9156	01/03/88	Doctor	GP	5' 04"
9157	17/11/86	BM B Med Sci(hons)	NHS Doctor	5' 05"
9158	04/02/90	BSc Geography, PGCE	Geography Teacher (Sec. Sch)	5' 05"
9159	12/11/88	BSc, MSc Biology	Teacher - Marine Biologist	5' 05"
9160	16/10/87	MSc Marketing & Branding	British Airways Trainer	5' 06"
9161	12/06/84	BSc, ACCA	Chartered Accountant	5' 07"
9162	26/05/81	BSc, ACA	Chartered Accountant	5' 04"
9163	05/09/92	BA Medicine, MBBS	Hospital Doctor	5' 06"
9164	28/03/88	CACHE Diploma Childcare /Education	Radiology Assistant	5' 05"
9165	13/03/91	MBBS, BSc(hons)	Doctor	5' 07"
9166	30/01/88	BDS	Dentist	5' 00"
9167	12/10/81	MR Pharms	Pharmacist	5' 06"
9168	10/10/91	BSc Economics & Finance	Accounts Assistant	5' 04"
9169	04/05/95	BSc Accounting & Finance, ACA	Accountancy	5' 07"
9170	20/06/87	MBA International Management	VMWare-Operations Manager	5' 05"
9171	08/12/87	BSc(hons) Finance & Accounting	Management Accountant	5' 03"
9172	28/01/89	BSc(hons), MSc, stdy MBA	NHS England-Manager	5' 04"
9173	21/10/78	LLB(hons)	Solicitor	5' 02"
9174	28/04/82	MA Sociology of Education	Team Manager - Local Authority	5' 06"
9175	04/10/91	BSc, MSC	Software Engineer Google	5' 07"
9176	29/01/88	BA(hons), Masters, PGCE	Teacher	5' 01"
9177	10/07/79	BA Tourism Management	Onboarding Co-ordinator Airline	5' 03"
9178	25/12/85	MBChB, MRCP	Doctor Senior Registrar	5' 06"
9179	25/06/88	BSc Mathematics & Economics	Actuary	5' 08"
9180	21/10/93	Cache Level 3 Nursery Nurse	Local School	5' 00"

9181	31/07/91	BSc(hons) McOptom	Optometrist	5' 07"
9182	14/08/75	BSc(hons), MBA, PhD	Asso. Director-Gen. Medicine	5' 07"
9183	30/03/89	PG LLB, BA(hons) Criminal Justice	Probation Officer	5' 04"
9184	29/08/88	LLB	Contract Manager	5' 05"
9185	28/01/91	BSc, MBBS	Doctor	5' 3½"
9186	20/12/88	MA English	English Teacher	5' 02"
9187	07/03/88	BSc Psychology	Civil Servant	5' 05"
9188	28/08/74	BSc(hons) Physics	Account Director for global org	5' 6.5"
9189	03/09/96	BSc(hons) Economics	Trainee Accountant	5' 03"
9190	29/03/79	BSc(hons) Pharmacology	Senior manager	5' 07"
9191	03/11/77	Masters	Publishing	5' 07"
9192	28/02/86	degree	Local Government Officer	5' 05"
9193	26/03/85	LPC (GDL), BA(hons)	working in Legal Practice	5' 02"
9194	10/12/89	Bachelors deg, PostGrad	Special needs co-ordinator	5' 07"
9195	27/12/77	BSc Marketing & Tourism	Airline Administrator Heathrow	5' 04"
9196	09/09/87	BA, GDL Law, LPC	Contracts Specialist Oil & Gas	5' 02"
9197	15/10/87	BA English & History	Tax Consultant	5' 11"
9198	06/02/86	MBBS	GP	5' 03"
9199	21/07/92	BDS	Dentist	5' 04"
9200	03/07/93	MBBS, BMedSc	Doctor	5' 06"
9201	21/03/90	MSC International Marketing	Marketing Consultant	5' 4½"
9202	13/07/88	BSc(hons) Computer Science	IT Incident Analyst	5' 05"
9203	24/05/90	LLB(hons)	Lawyer	5' 05"
9204	28/05/95	LLB(hons)	Trainee Solicitor	5' 11"
9205	08/08/90	BSc Computer Sci & Accountancy	Senior Fixed Income Analyst	5' 08"
9206	08/02/86	LLB, LLM	Lawyer	5' 06"
9207	28/03/83	ACA, BSc Economics	Chartered Accountant	5' 02"
9208	12/04/78	BDS, MFGDP	Dentist	5' 7½"
9209	01/07/82	MBChB	Doctor	5' 03"
9210	09/07/82	BA(hons)	Civil Service-Central Govt.	5' 00"
9211	19/06/81	MBBS, MRCP	Consultant Paediatrician	5' 06"
9212	27/01/86	BA(hons), MSc Info. Systems	IT Project Manager	5' 08"
9213	08/02/84	Diploma	Civil Servant at FCO	5' 02"
9214	18/02/88	BA(hons), PGCE	Teacher	5' 05"
9215	11/04/78	BSc(hons)	Estate Agent	5' 02"
9216	28/03/86	BA(hons) Business Studies	Net-A-Porter IT Manager	5' 06"
9217	09/03/81	BA Politics, Philosophy, Economics	own consultancy business	5' 07"
9218	23/01/94	Bachelors Economics	Business Analyst	5' 02"
9219	04/09/92	BA(hons) Interior Architecture	Architectural Designer	5' 07"
9220	06/08/93	BSc Optometry	Optometrist	5' 04"
9221	15/04/93	MSc Law & Finance	Banker	5' 6½"
9222	17/04/96	BA(hons) Accounting & Finance	ACA Trainee Accountant	5' 05"
9223	18/01/96	Fd Nuclear Eng. & Chemistry	Health & Safety Advisor	5' 4½"
9224	28/12/94	MSc Mathematics	PhD Uni Leicester	5' 07"
9225	04/12/81	MSc Physics	Research Scientist	5' 09"
9226	30/05/87	LLB(hons)	Management Consultant	5' 04"
9227	16/08/93	LLB LPC	Solicitor	5' 05"
9228	04/08/81	BA, Diploma Teaching, B Ed	Language Teacher	5' 05"
9229	13/03/87	LLB, LLM, BVC	In House Legal Investment Bank	5' 06"
9230	13/03/90	BSc Mathematics	Chartered Accountant	5' 05"


9231	20/08/94	MBBS, BSc(hons)	NHS Doctor	5' 05"
9232	26/07/92	Degree(hons) Economics & Finance	Senior Credit Risk Analyst	5' 04"
9233	27/11/81	BSc Math&Management, ACA	Director	5' 06"
9234	29/06/88	MA history	Project Co-ordinator	5' 06"
9235	09/10/91	BSc, MSc	Mental Health	5' 11"
9236	31/05/86	BSc(hons), MSc Economics	own business-Subway Franchise	5' 3½"
9237	23/03/92	M Pharm	Self Emp-Pharmacist (Locum)	5' 06"
9238	17/05/90	BSc Mathematics	Investment Consultant	5' 04"
9239	27/01/80	BSc Sports Therapy	Self Employed Therapist/Trainer	5' 05"
9240	12/12/89	MSc Economics/Econometrics	Trader Financial Services	5' 06"
9241	12/11/92	BA(hons) Eng. Lit & Cretive Writing	Higher Education-Course Coord	5' 03"
9242	09/07/93	M Pharm	Hospital Pharmacist	5' 06"
9243	22/04/85	BA, M Phill	Publishing Manager	5' 05"
9244	23/08/95	LPC LLM	Trainee Solicitor	5' 02"
9245	16/03/90	BA	Data Analyst-Youth Offending	5' 06"
9246	21/02/86	MA, MSc. PhD	Government Research Labs	5' 05"
9247	05/10/89	BA(hons)	PA Admin/Practice Manager	5' 05"
9248	26/03/91	Mc Optom	Optometrist	5' 03"
9249	22/11/86	BSc Economics,MSc	Banking Treasury Support Ass.	5' 04"
9250	16/04/78	BA(hons) Accounts & Finance	Accounts Manager	5' 05"
9251	19/05/90	MSc(hons) Molecular Medicine	Scientist	5' 05"
9252	04/04/93	BA Business Management	Retail Management Manager	5' 01"
9253	19/06/87	ACCA	City Credit Capital	5' 04"
9254	12/08/86	BA(hons) French & Italian	Accenture IT Consulting	5' 07"
9255	21/05/84	CIPD Level 5	HR Assistant	5' 06"

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FREE ADVICE SERVICES AT THE GURDWARA

SERVICE	Location	Rate	Day	Time
Sikh Assisted Marriage Service	1st Floor Building	Daily	Mon - Sat Sunday	10 am - 1 pm 10 am - 3 pm
Legal Advice	Ground Floor	Every Second Thursday of the Month		
Note: This service has been discontinued.				
General Enquiries Office	Ground Floor Main Bldg	Daily	Mon - Sun	10 am - 6 pm
Metropolitan Police	Ground Floor Main Bldg	Weekly	Tuesday	11 am - 12pm
Home Office Immigration Enforcement (formerly UK Border Agency)	Ground Floor New Annexe	Weekly	Tuesday	10 am - 3 pm
Financial Advice & Estate Planning	Ground Floor New Annexe	On Demand		
Disability Network Hounslow	Ground floor New Annexe	Weekly	Friday	2 pm - 4.30 pm
Gurdwara Wellbeing Centre	Ground floor Main Bldg	Weekly	Sunday	11 am - 2 pm
Gurdwara Healthy Walks	Meet Ground Floor Foyer Main Bldg	Weekly	Thursday	10 am - 12 pm
Bereavement Service	On Demand			
Drug & Alcohol Addiction Service	On Demand			

Please note these regular Gurdwara Services are currently suspended, in compliance with the government requirements.

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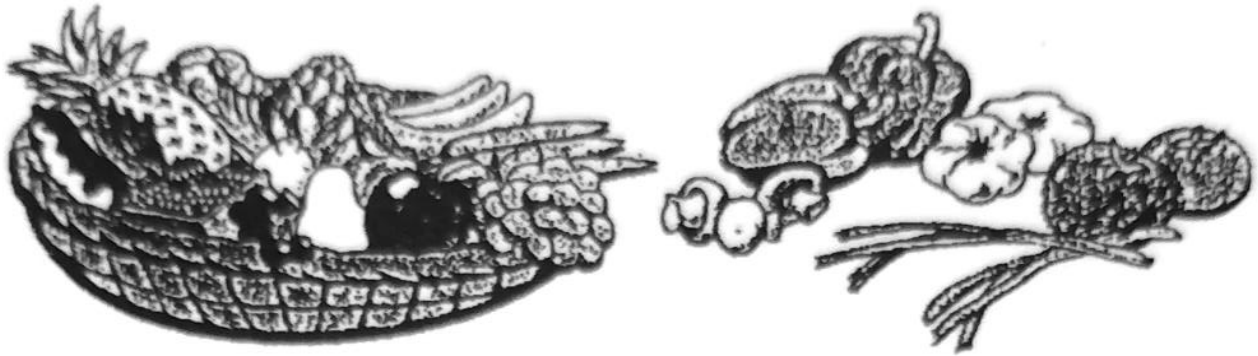


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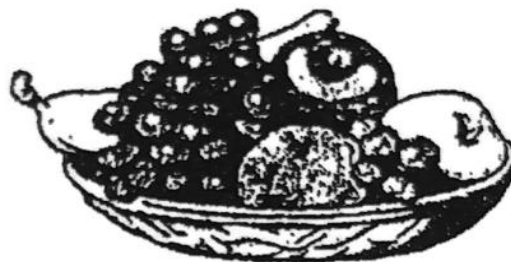
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